



# HERITAGE

## 4TH OF JULY

### Independence Day Celebration in the City of Lowell: Monday, July 4, 2016

Edward A. LeLacheur Park | 450 Aiken Street, Lowell

Park opens at 7 P.M, Fireworks at 9 P.M.  
Admission is FREE — Rain Date: Tuesday July 5

**Sit in the stands, or on the field - bring your own blanket! (NO lawn chairs, please)**

**No Outside Food, Drinks, or coolers will be allowed onto the park:** Though League regulations prohibit outside food and drinks being brought into the stadium, spectators will be able to purchase a wide variety of treats -- including ice cream, hot dogs, popcorn, and assorted beverages -- from the Park's concession stands.

**Activities and entertainment will include:** Face painting; Balloon Animals; Train Rides; SwampLand Kids Area - includes our GIANT slide, Bounce House, Obstacle Course, Speed Pitch, the Game Hut, and more; Jumping Jack Flash; Run the Bases ;Meet the Spinners Mascot Family: Canaligator, Allie-Gator and Millie-Gator; Music & videos; ...and more!

*In addition to LeLacheur Park's 5,000 seats which will be available free to the public, additional viewing is available along the River Walk from Lawrence Mills to the University Avenue Bridge, and in St. Louis Field across the river in Centralville.*

**CITY MANAGER**

Kevin J. Murphy

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**City Council****Mayor**

Edward J. Kennedy Jr.

**Vice Mayor**

Daniel P. Rourke

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Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Carol Lannan  
978-674-1169 ~ CLannan@lowellma.gov**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov

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**Outreach Caseworker:** Amy Medina Leal  
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.gov  
Monday, Tues. & Thurs. 8:00 AM-1:00 PM

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**Outreach Volunteers:**

John R. Lawlor ~ 978-674-1174 ~ jlawlor@lowellma.gov

Monday-Friday ~ 10:00 AM-3:00 PM (by appointment)

Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov

Tuesday—Friday 10:00 AM-2:00 PM

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**Kitchen Staff—978-970-4132**

Virginia Valdes &amp; Karl Correa ~ Weekdays

Chuck Kuenzler ~ Weekends

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**S H I N E (Serving Health Insurance Needs for Elders)**

Joan Gong ~ 978-674-1172

First come, First served, Mondays — 8:30-10:30 AM

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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**Pollard Library ~ 978-674-8634****COA Library Annex ~ 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30 AM—4:00 PM**

Lunch served at 11:30 AM

Saturday—Sunday: Open **7:00 AM—12 PM**

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce E. Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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**Next meeting: Mon., Sept. 12th**  
**at 9:00am - Public Welcome****FRIENDS of the**  
**Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

**VICE PRESIDENT**

Dr. Joseph M. Downes Jr.

**TREASURER**

Jacqueline Denison

**SECRETARY**

Claire Brodeur

**DIRECTORS**

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting: Fri., Sept. 30th**  
**9:30 am - Public Welcome**

# LCOA Trips

Ages 18+ ... All trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS (insurance available on some trips). Wednesday trips depart from the Ayotte Garage (no charge unless otherwise noted). **The office is now open from 6:30 AM to 3:30 PM.** Detailed event flyers available outside the office on the second floor. For more info call Carol Lannan at 978-674-1169.

## OVERNIGHT TRIPS *Don't lose out* — **Book NOW!**

**September 11-13, Sunday-Tuesday ... Three Day Atlantic City Escape to the Tropicana**, Double \$239, Triple \$229, Single \$319. Includes: Round trip motor coach, 2 nights at the resort, \$30 Slot play, 2 - \$25.00 food credits, tax and baggage/service. \$50 deposit required. Insurance Available. Bus departs at 7:00 AM, returns at 8:00 PM.

**December 7-9, Wednesday-Friday ... Christmas at the White Mountain Hotel and Resort Twin**, Double \$389, Triple \$369, Single \$499. Includes all Room and meals taxes & gratuities. Featuring Colonial Williamsburg décor for the season. Over 150 tax-free shops and outlets in the area and downtown. Relax and unwind in this majestic winter wonderland! 2 Nights, 4 meals, 2 breakfasts and 2 dinners plus 3 Christmas shows, admission to the "Festival of Trees" in Wolfeboro plus deluxe motor coach, round trip baggage handling and a Christmas gift.

## DAY TRIPS

**July 19, Tuesday ... The Hay Day of the BIG BANDS & POP —Goes the Fourth! ONLY \$65 pp.** Featuring the Roy Scott Band at Luciano's Lake Pearl in Wrentham, MA. This venue was originally known as the Kink Phillip's Ballroom where all of the GREAT Bands used to play. Bus departs from the Lowell Senior Center at 9:30 AM.

**July 26, Tuesday ... The Spirit of Boston. Cost: \$65 pp.** One price includes everything! (except drinks and photo's).. come aboard the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two hour cruise on Boston's historic harbor is tour for an afternoon getaway and is an exclusive to BOT guests only. As the ship pulls away from the dock grab your streamers and your drinks and get into the SPIRIT of the excitement. The grand buffet includes: A salad station, Potato, Pasta, Fish with Lobster cream, Roasted Turkey, Glazed Pork, a gourmet cheese selection, Garlic Potatoes, a festival of veggies, along with Cakes, Bars, Pastries, Cookies and Fruit , Return to the gastronomic feast as many times as you wish! Bus departs from the Lowell Senior Center at 9:30 AM.

**August 11, Thursday ... \$75.00 Traditional Lobster-bake at Foster's plus Michael Minor need we say more? OK** — SINGER, COMEDIAN, VENTRILOQUIST & CELEBRITY IMPRESSIONIST! PLUS—— A Maine traditional baked lobster at Foster's in York, ME. Meal includes: Whole Boiled 1 1/4 pound Lobster, Clam Chowder, Fresh Steamed Mussels, Fried Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage or a half pound Chicken as a non-lobster alternative. Transportation, Lobster, Luncheon and SHOW! Bus departs from the Lowell Senior Center at 9:30 AM.

**September 20, Tuesday ... "PLAZA SUITE"... Cost: \$65. SURF & TURF** Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza. A suburban couple takes a suite while their house is being painted and it turns out to be the one in which they honeymooned 23(or was it 24) years before and was yesterday the anniversary, or is it today? This wry tale of marriage in tatters is followed by the exploits of a HOLLYWOOD producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart. Now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await, or as Mother yells, "I want you to come out of that bathroom and get married?" Bus departs from the Lowell Senior Center at 9:00 AM.

**September 21, Wednesday ... Forever Motown ... Cost: \$70.** Featuring the Best of the FOUR TOPS, SMOKEY, TEMPTATIONS, STEVIE, MARVIN, & THE SUPREMES! Baked Chicken or Baked Scrod along with Bread, Vegetables, Dessert, Coffee/Tea and, of course Venus De Milo's Famous and Award Winning Minestrone Soup. Bus departs from the AYOTTE GARAGE at 10:00 AM.

**October 7, 2016 Friday ... Winnepesaukee Hobo Railroad ... Delightful, Delicious & Scenic Railroad Tour ... Cost: \$45.** The trip includes a delectable full course Turkey Dinner prepared by Hart's Turkey Farm in Meredith, NH. This is the perfect date and time to enjoy the train ride and the specular autumn scenery. The 2 hour tour along the historic Winnepesaukee Scenic Railroad includes a scenic excursion along the western shore of Lake Winnepesaukee - traveling from Meredith through Weirs Beach to Lakeport and back. Bus departs from the Lowell Senior Center at 8:00 AM.

**October 18, Tuesday ... The Perfect Combo Trip—New England Goes Country PLUS the New Hampshire Turkey Train ... Cost: \$99. (this event is different than the one above)** Show will be at the Flying Monkey in Plymouth, NH. Travel N. H. & ride the rails alongside of Lake Winnepesaukee. Enjoy a delicious turkey luncheon provided by Hart's Turkey Farm. Enjoy the brilliant fall foliage, fantastic food and the music. Bus departs from the Lowell Senior Center at 8:00 AM.



### **Medicare's Five Star Special Enrollment.**

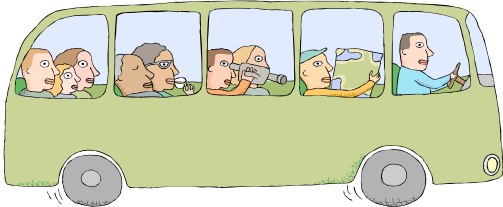
You have an opportunity to enroll in a top rated five star plan once during this year. This can be done at any time through November 30, with the enrollment effective the first of the following month. This year in Massachusetts, Tufts Medicare preferred HMO plans have achieved the five star rating for 2016. you can enroll in one of these plans as long as you meet the plans eligibility requirements. If you are currently any Medicare Advantage or Medicare prescription drug plan this new enrollment will automatically dis-enroll you from your previous plan.

### **FREE on THURSDAYS!**

Ping Pong  
10am-12pm



Art Class  
12pm-2pm



## **Roger's \$5.00 Trips**

### **July tickets on sale June 24**

Monday ... 11 ... Old Orchard Beach, ME  
Tuesday ... 12 ... The Old Salt Restaurant & Lamies  
Thursday ... 14 ... Hampton Beach, NH  
Monday ... 18 ... York, ME Beach  
Thursday ... 21 ... Parker's Maple Barn

Bus leaves @ **9:15 a.m. SHARP.**

PLACE & TIME IS SUBJECT TO CHANGE.

Handicapped Accessible.

### **August tickets on sale July 29**

Monday ... 8 ... Old Orchard  
Tuesday ... 9 ... York Beach  
Monday ... 15 ... Plymouth  
Thursday ... 18 ... Newburyport  
Monday ... 22 ... Hampton Beach  
Thursday ... 25 ... Ogunquit  
Monday ... 29 ... Grassfields

### **LOBSTER LOVER'S EVENTS**

August 11 ... Foster's York, ME  
August 16 ... Newport, RI Playhouse (SOLD OUT)

## Experience Lowell's Original Urban Outdoor Market!



Since 1979, Community Teamwork has sponsored the Lowell Farmers' Market, offering fresh, locally grown produce from area farmers, as well as meats, fish, honey, baked goods, prepared meals, hand-crafts and more, in a beautiful, urban setting. While you shop, enjoy live entertainment, cooking demonstrations, and activities for the whole family! Open Fridays, from July through October, the Lowell Farmers' Market is a rare gem in the heart of Downtown Lowell.

**Begins Friday, July 1st!**

- Visa, Mastercard, American Express, and Discover accepted
- WIC coupons, SNAP/EBT, and Senior Coupons accepted
- Department of Agriculture authorized Farmers' Market

Would you like to volunteer at the Lowell Farmers' Market or have questions? **Contact us at 978.322.8415.**

The Lowell Farmers' Market is a program of CTI's **Merrimack Valley Small Business Center.**



**Mary Kay**

**FREE Facial/Makeover**

Thursday, July 21, 2016

10:00 AM

MUST SIGN-UP

See Amy or call 978.674.1167

## LOWELL FOLK FESTIVAL

Celebrating 30 years!

July 29th-31st 2016

There's so much to see, eat, hear, do and discover at the Annual Lowell Folk Festival! The festival features five stages of traditional music, authentic crafts demonstrations, ethnic foods, art and children's activities.



## Doctor's, Nurse's & MORE

Blood Pressure & Weight Check:

**Circle Home, Inc.:**

the 2nd Tuesday from 8:00—10:00 am & the 3rd Tuesday from 10:00 am—12:30 pm

**Albert Gauthier RN:**

Wednesdays from 9:30—11:30 am

**Commonwealth Nursing:**

the 1st & 4th Tuesdays from 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer Feet:**

1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month.  
1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-Rehab:**

Question and Answer sessions every Wednesday from 10:00 am-11:00 am

**Affordable Hearing with Christopher Streeter:**

Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9:30am-11am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci:** 2nd Tuesday of each month, please call 1-978-758-5378.

**City of Lowell Public Health Nurse:** The 2nd Thursday of each month from 9:00 A.M. until 11:00 AM for Blood Sugar Monitor Checks. (Please bring your own blood sugar monitor). AND the 1st and 3rd Thursday of each month from 9:00 A.M. until 11:00 A.M. for Question and Answer session regarding Health Issues



**Art! Music! Food! Canals! History!**

Visit our changing panorama of more than 20 arts, music, shopping, and dining venues as Downtown Lowell comes alive from 5-8:30pm on the first Thursday of the month.

Maps/info available at the Lowell National Historical Park Visitor Center, 246 Market Street.

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am ~ Veterans 11:15- 12:15 pm  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



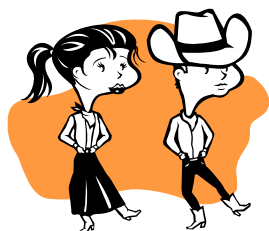
**Mah-Jong**

Mondays

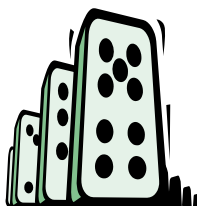
12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**If interested,  
please contact  
Charlotte LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**Kim will return in  
September!**Quilting Lessons**Newcomers'  
welcome!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per classHelps with: Arthritis,  
strengthening the  
Immune system, High  
Blood Pressure, and  
Osteoporosis!  
Acupressure Points also  
taught: for headaches,  
stress, upset stomach &  
more!**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!**June 11, 2016**  
Preservation Success Stories  
with Fred Faust**June 18, 2016**  
Hamilton Canal Update  
with Staff from the City of  
Lowell's DPD**June 25, 2016**  
The Irish in the Acre  
with Dave McKean**July 2, 2016**  
NO TOUR**July 9, 2016**  
Literary Lowell  
with Sean Thibodeau**July 16, 2016**  
Upper Merrimack Street  
with Yun-Ju Choi**July 23, 2016**  
Major Downtown Fires  
with Jason Strunk**July 30, 2016**  
Lowell Folk Festival  
NO TOUR**August 6, 2016**  
Lowell Public Art Collection  
with Paul Marion and  
Rosemary Noon**August 13, 2016**  
Greeks in the Acre  
with Steve Panagiotakos**August 20, 2016**  
East Merrimack Street  
with Dick Howe**August 27, 2016**  
History of Lowell  
National Historical Park  
with Celeste Bernardo**Lowell Walks Summer 2016 Schedule**

Discover the city's special places and stories.

Lowell Walks is a series of guided walking tours of downtown Lowell on Saturday mornings throughout the summer. Each tour has a different topic led by a different tour guide. All tours begin at 10:00 A.M. from the Lowell National Historical Park Visitor Center at 246 Market Street in Lowell. For information, contact dickhowejr@gmail.com.

RichardHowe.com  
Lowell Politics & History

## TREASURER GOLDBERG ALERTS RESIDENTS TO UNCLAIMED PROPERTY SCAM

*Massachusetts State Treasurer Warns Citizens of  
Fraudulent Letters Claiming "Unclaimed Property Winnings"*

Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Treasurer Goldberg, **these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).**

"It has come to our attention that fraudulent letters using our address and likeness have been sent to residents across the state," said Treasurer Deb Goldberg. "Our goal is to ensure that no Massachusetts citizen is taken advantage of as part of this scam."

Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property, <http://www.findmassmoney.com/> is free of charge to search and claim.

The Office of the State Treasurer and Massachusetts Legislators utilize the mail to inform owners of unclaimed property. There are a number of ways to discern official Treasury notices from scam notices. Letters will be mailed from Boston, Massachusetts with a return address; they will direct owners to an official <http://www.mass.gov/> website; and they will

**FRAUD  
ALERT**

bear the official seal of the State of Massachusetts along with the signature of the Treasurer.

Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, and the contents of unattended safe deposit boxes. Most accounts are considered abandoned and are turned over to the state after three years of inactivity. Last year Treasury returned over \$114 million in property to its rightful owners, making the Commonwealth the state to return the most money on a per-capita basis. The Treasury currently holds over \$2 billion in unclaimed property that rightfully belongs to Massachusetts residents.

If you have any questions regarding unclaimed property, please visit the Treasury's official website, <http://www.findmassmoney.com/> or call 888-344-MASS (6277). You can view an example of a fraudulent letter at the following: [www.mass.gov/treasury/scamletter](http://www.mass.gov/treasury/scamletter).

## Card Making Class

First come, first served basis.

RSVP to reserve your spot.

See Tara.



## YOGA for VETS

with Diana Kyricos

Wednesday's

11:00 am—12:00 pm \$5.00

A chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

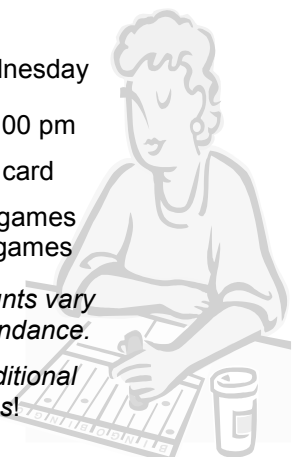
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

PLUS additional  
prizes!



## NCOA and GreenPath Provide Personalized Help to Older Adults Who Are Struggling Financially

With more than 61 percent of households headed by an adult aged 60+ carrying some form of debt, economic security is a real and pressing issue for millions of older Americans, even those with retirement savings. Two trusted nonprofit organizations—the National Council on Aging (NCOA) and GreenPath Financial Wellness—are joining forces to help. Through a new partnership, NCOA and GreenPath are providing older adults with unbiased reverse mortgage, debt and bankruptcy counseling, as well as money management and financial education.

“Our partnership with GreenPath is the evolution of NCOA’s holistic approach to helping seniors maintain their economic security and independence,” said Amy Ford, director of NCOA’s Home Equity Initiatives. “NCOA is an innovator in providing unbiased information for older Americans. GreenPath’s expertise will help us significantly increase the number of seniors we can assist.”

As part of the partnership, GreenPath is now the hub for calls from older adults seeking reverse mortgage counseling from NCOA. Beyond reverse mortgage counseling, GreenPath provides consumers a full range of services to help them pay down debt, avoid bankruptcy, and manage their limited incomes wisely. NCOA will train GreenPath counselors to enhance their understanding of the specific needs of older adults, as well as the array of community-based supports available to help seniors stay independent in their community.

GreenPath Financial Wellness is one of the largest and most respected nonprofit financial wellness and credit counseling organizations in the nation. Counselors take the time to understand an individual’s situation and develop a personalized plan that works for them. GreenPath is also a reverse mortgage counseling intermediary approved by the U.S. Department of Housing & Urban Development.

“GreenPath has been empowering people to lead financially healthy lives for more than 50 years,” said Kristen Holt, president and CEO at GreenPath. “Working collaboratively with NCOA, we can empower older adults to eliminate financial stress and achieve their financial goals.”

For more information about NCOA’s work in economic security, visit [ncoa.org/economic-security](http://ncoa.org/economic-security). To schedule a reverse mortgage counseling session, call toll-free 855-899-3778, Monday-Saturday.

*About NCOA: The National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. Our mission is to improve the lives of millions of older adults, especially those who are struggling. Learn more at [ncoa.org](http://ncoa.org) and @NCOAging.*

*About GreenPath Financial Wellness: GreenPath Financial Wellness is a nationwide, non-profit financial counseling and education organization. GreenPath has been empowering people to lead financially healthy lives since 1961. Their financial experts partner with consumers to ease financial stress, manage debt, save for the future, make informed financial decisions, and achieve their financial goals. The organization has an A+ rating with the Better Business Bureau. For more information, visit [www.greenpath.com](http://www.greenpath.com).*

## Anxiety Support Group

with Steve Coupe

Fridays

2:00—3:45 pm

Steve will be away on medical leave and should return in September. Please check with 978-674-1172 to confirm his return.

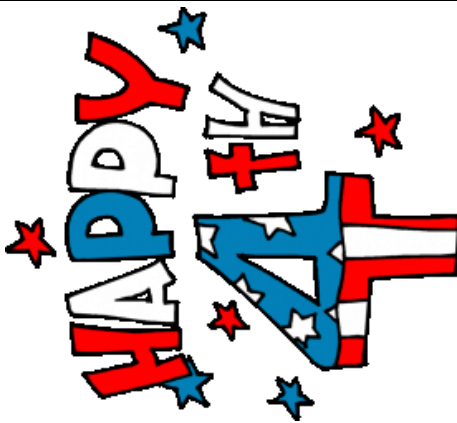


Representatives will be available to answer any questions that you may have regarding your plan.

10:00 am—12:00 pm  
Wednesday, July 20  
Wednesday, September 14

Whether you are a current member or someone needing coverage; stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>J</b></p>                                                                                                                                                                                                                                                                              | <p><b>U</b></p>                                                                                                                                                                                                                                                              | <p><b>L</b></p>                                                                                                                                                                                                                                    | <p><b>Y</b></p>                                                                                                                                                                                                                        | <p>1.<br/>7-9 Breakfast Program 50¢<br/>8:00 Foot Doctor — Min.<br/>Number needed<br/>9:30 Personal Computer/<br/>Tablet Assistance<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/><b>12 noon Alternative Home<br/>Health Care—Cane Height<br/>Adjustment</b><br/><b>NO Senior Social</b><br/>NO Anxiety Support Group</p> |
| <p>4.<br/>CLOSED</p>                                                                                                                                                                                     | <p>5.<br/>7-9 Breakfast Program 50¢<br/>10-12 Commonwealth<br/>Nursing<br/>10-12 Country Line Dancing<br/>10-12 LPD drop-in<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet</p>              | <p>6.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>  | <p>7.<br/>7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>10:00-Ping Pong<br/>12:00 Free Art Lessons<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45 CTI Bone Builders B</p>  | <p>8.<br/>7-9 Breakfast Program 50¢<br/>9:00 Veterans Breakfast—<br/>Northwood Rehab Program<br/>9:30 Personal Computer/<br/>Tablet Assistance<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social—DJ<br/>Robert Pomerleau &amp;<br/>Elviseena show<br/>NO Anxiety Support Group</p>                          |
| <p>11.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>9:00 COA Board Meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>NO Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>12.<br/>7-9 Breakfast Program 50¢<br/>8-10 Circle Health Nurse<br/>8:00 CTI meeting<br/>NO Country Line Dancing<br/>10-12 LPD drop-in<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet</p> | <p>13.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> | <p>14.<br/>7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>10:00-Ping Pong<br/>12:00 Free Art Lessons<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45 CTI Bone Builders B</p> | <p>15.<br/>7-9 Breakfast Program 50¢<br/>9:30 Personal Computer/<br/>Tablet Assistance<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1<br/>NO Anxiety Support Group</p>                                                                                                                                                              |

|                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>18.</p> <p>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>NO Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>19.</p> <p>7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10-12:30 Circle Health Nurse<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet</p>                              | <p>20.</p> <p>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30 Affordable Hearing<br/>9:30-11:30 Blood Pressure<br/><b>10-12 Fallon Info Table</b><br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> | <p>21.</p> <p>7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>10:00-Ping Pong<br/>12:00 Free Art Lessons<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45 CTI Bone Builders B</p> | <p>22.</p> <p>7-9 Breakfast Program 50¢<br/>9:30 Personal Computer/<br/>Tablet Assistance<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1<br/>NO Anxiety Support Group</p>                                                                   |
| <p>25.</p> <p>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>NO Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>26.</p> <p>7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10-12 Commonwealth<br/>Nursing<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Brown Bag Pick Up<br/>12-3 Knitting &amp; Crochet</p> | <p>27.</p> <p>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30 Affordable Hearing<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                    | <p>28.</p> <p>7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>10:00-Ping Pong<br/>12:00 Free Art Lessons<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45 CTI Bone Builders B</p> | <p>29.</p> <p>7-9 Breakfast Program 50¢<br/>NO Friends Meeting<br/>9:30 Personal Computer/<br/>Tablet Assistance<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1<br/>NO Anxiety Support Group<br/><b>LOWELL FOLK<br/>FESTIVAL 29-31!</b></p> |

**SPONSORS**




# Lunch Menu



PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH!

A donation of \$2.00 is required for **lunch that is served at 11:30 am**. Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders. Funding for our meal program is made possible by EOE, Merrimack Valley Nutrition, City of Lowell. See Tara if you need a card. **Menu subject to change**

| Sunday                                                          | Monday                                                                                         | Tuesday                                                             | Wednesday                                                            | Thursday                                                       | Friday                                                             | Saturday                                                     |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------|
| J                                                               | U                                                                                              | L                                                                   | Y                                                                    |                                                                | 1. Fish, baked potatoes, waxed beans, wheat roll, apricots         | 2. CLOSED                                                    |
| 3. CLOSED                                                       | 4. CLOSED<br> | 5. Swedish Meatballs, pasta, green beans, wheat bread, sherbet      | 6. BBQ Beef Ribs, potatoes, mixed veggies, wheat roll, pears         | 7. Chicken Dippers, rice, carrots, wheat bread, peaches        | 8. Pollock, broccoli, rice, wheat bread, pineapple                 | 9. Pork Pie, potatoes, green beans, rolls, cake              |
| 10. Roast Turkey, stuffing, potatoes, peas, wheat roll, peaches | 11. Cheese Lasagna, green beans, garlic bread, pears                                           | 12. Chicken Ala King, rice, mixed veggies, wheat roll, cookie       | 13. Salisbury steak, potatoes, green beans, wheat bread, fruit salad | 14. Veal Patties, potatoes, peas, wheat bread, pudding         | 15. Seafood Salad, Pasta Salad, 3-Bean Salad, wheat roll, peaches  | 16. Stuffed Peppers, waxed beans, wheat bread, pudding       |
| 17. Roast Beef, potatoes, green beans, wheat rolls, apricots    | 18. Mac & Cheese, stewed tomatoes, broccoli, wheat roll, apricot                               | 19. Chicken Salad, Potato Salad, 3-Bean Salad, wheat roll, apricots | 20. Shepard's Pie, beets, wheat bread, sherbet                       | 21. Chicken Fajitas, rice, carrots, wheat bread, pudding       | 22. Baked Scrod, baked potatoes, green beans, wheat roll, apricots | 23. Hamburg & onion, w/bun, waxed beans, potatoes, cake      |
| 24. Chicken Patties, rice, carrots, wheat bread, mixed fruit    | 25. Meatball sub, chips, sub roll, juice, pudding                                              | 26. Hot Dogs & Buns, coleslaw, hot dog bun, juice, cookie           | 27. Meatloaf, potatoes, green beans, wheat rolls, pudding            | 28. Liver & Onions, gravy, mashed potatoes, wheat rolls, pears | 29. Tuna Salad, Pasta Salad, 3-Bean Salad, wheat rolls, pears      | 30. Cheese Ravioli, waxed beans, wheat bread, juice, pudding |
| 31. Stuffed Cabbage, spinach, wheat bread, juice, ice cream     |                                                                                                |                                                                     |                                                                      |                                                                |                                                                    |                                                              |

## Alternative Home Health Care

Friday, July 1st at 12:00 noon

A physical therapist will be available to adjust the height of your cane or walker and there will be info on osteoporosis & more!





**ASK US ABOUT**

# Market Bucks



# 50% OFF

**ALL SNAP AND WIC FARMER'S MARKET COUPONS AND SENIOR COUPONS ON PURCHASES UP TO \$20**  
**UN DESCUENTO DE 50% EN TODOS LOS CUPONES DE SNAP, MERCADO DE WIC Y LOS CUPONES DE PERSONAS MAYORES EN COMPRAS DE HASTA \$20 DÓLARES.**

សម្រាប់អ្នកមាន ប័ណ្ណ SNAP – WIC (ទីផ្សារកសិករ)  
 នឹង ប័ណ្ណ សម្រាប់ មនុស្សវ័យចំណាស់  
 នឹងមានការបញ្ចុះ តម្លៃ 50% សម្រាប់ការទិញ អស់ \$20.00។




**FOR MORE INFO PLEASE VISIT [WWW.MILLCITYGROWS.ORG](http://WWW.MILLCITYGROWS.ORG) OR CALL (978) 454 - 2620**

**See Back Page for More Info**



Check back for the next  
Date & Time !

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

**FREE**  
**Computer and tablet assistance with Pierre and Don**  
**Fridays 9:30 – 11:30**

This is **NOT** a teaching classroom but a problem solving workshop



## **CTI** **Bone Builders Class**

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

**\* Doctor's approval REQUIRED \***

## **Wingate of Belvedere**



The ladies from Wingate at Belvedere & Bayberry at Emerald Court along with volunteers Frank Gomez & Claire Brodeur served a soup tasting event at the Friday afternoon social.

## **Are you Eligible for A Tax Exemption?**

Statutory Exemption applications are available starting July 1st in the Assessors office. All Exemptions must be filed on an annual basis. Applications are available from July 1 through 90 days after the mailing of the actual Tax Bill.

Please note: All exemptions require that the applicant must own and occupy the property for which the exemption from taxes is sought.

The following is a breakdown of the Statutory Exemptions offered by the City of Lowell.

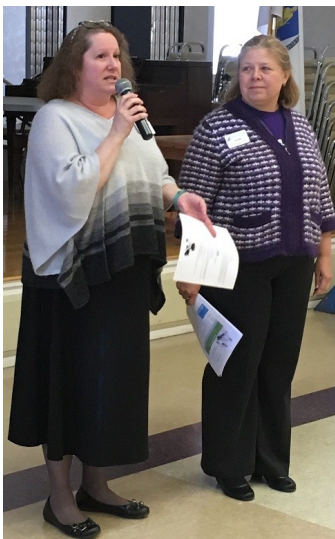
- ◇ Must be at least 70 years old on or before July 1st
- ◇ A surviving spouse who owns and occupies the property as their residence
- ◇ A minor child of a deceased parent
- ◇ Veterans – Applicant must certify through Veterans' Administration, at least a 10% disability connected with war service
- ◇ Blind Persons – Application must be legally blind and provide proof via a certificate for the Division of the Blind.

If you think you qualify for any exemption offered, please call the Assessors Office at (978) 674-4200 from 8:00 AM to 5:00 PM daily.

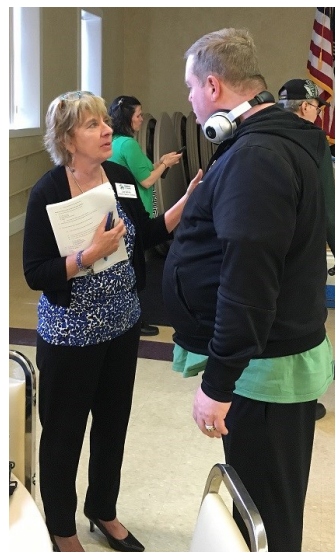


## **Senior Tax Abatement Program**

The FY17 Senior Tax Incentive Program will begin July 1, 2016. This program allows a senior citizen (60 years or older) to volunteer up to 100 hours in a City department and receive \$750 off the real estate tax bill. The hours must be completed between July 2016-April 1, 2017 after approval of application. The hours and days worked are agreed upon between the Department Head and the volunteer (a timesheet must be retained in your office for total hours). If you are interested in applying, please contact Eileen Golden, the Volunteer Coordinator. Call 978-674-1173 or email [Egolden@lowellma.gov](mailto:Egolden@lowellma.gov).



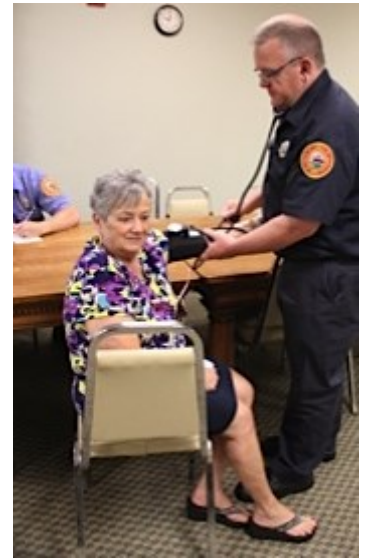
**Veteran's Breakfast  
Speakers**  
  
**Habitat for Humanity  
&  
Chelmsford Crossing**



**Arthur Toupin  
Library  
Assistant,  
Volunteer  
Photographer,  
& Proofreader**



## Lowell Health Department File of Life Workshop



## In Memory of Ann Regan



## Serving our Veterans



## YouthBuild

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Lowell, MA 01854

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See Page 13  
for More  
Info



# mobile Market

## 2016 SCHEDULE

JUNE 22ND - NOVEMBER 4TH

### EVERY WEDNESDAY

Lowell Community Health Center  
(Extended stop) Starts on May 18th and ends Nov 30th  
**10am-1:30pm**  
161 Jackson St. Lowell, MA

D'Youville Life and Wellness Center  
**2:30pm-4pm**  
981 Varnum Ave. Lowell, MA

Mercier Community Center  
**5pm-6:30pm**  
21 Salem St. Lowell, MA

### EVERY FRIDAY

George W. Flanagan Village  
**10am-11:30am**  
580 Chelmsford St. Lowell, MA

CTI Lowell Farmer's Market  
Starts July 1st and ends Oct 14th  
**1pm-6pm**  
City Hall Plaza, 50 Arcand Dr. Lowell, MA

### EVERY THURSDAY

Lowell General Hospital - Main  
**10am-1pm**  
295 Varnum Ave. Lowell, MA

Lowell General Hospital - Saints  
**2pm-4pm**  
1 Hospital Dr. Lowell, MA

Riverplace Towers  
**5pm-6:30pm**  
1 River Place, Lowell, MA

### EVERY SUNDAY

The Farm Market at Mill No. 5  
Open year round!  
**11am-3pm**  
250 Jackson St, 4th floor, Lowell, MA

**Schedule is subject to change**

### Ask about MCG Market Bucks!

50% off all SNAP, WIC, Farmer's Market Coupons & Senior Coupons on purchases up to \$20

EBT/SNAP, WIC, Cash, Credit, Debit, Senior Coupons, Accepted!

### Help us Grow a Healthy Community!

To learn more about Mill City Grows, go to  
[www.millcitygrows.org](http://www.millcitygrows.org)

[facebook.com/MCGMobileMarket](https://www.facebook.com/MCGMobileMarket)  
[twitter.com/MCG\\_MMKT](https://twitter.com/MCG_MMKT)

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